

## Directions for Use

Add one level scoop to 8oz. of water, nonfat milk, or your favorite beverage. You can use more or less liquid to meet your desired taste and calorie needs. Shake well in a shaker until dissolved. Whey protein can be added to any food, including yogurt.

About Time® doesn't believe in sacrificing one good thing for another, we want it all! That's why we develop products that stand for great quality AND great taste. In addition, we appreciate simplicity which is why our protein powder has 5 ingredients or less that you can actually pronounce.

About Time® is blended and packaged at our own facility in Pittsburgh, PA and we source our whey from dairy farms in the United States of America.

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100  
CALORIES

24g  
PROTEIN

1g  
CARBS

# ABOUTTIME®

## Whey Protein Isolate



CHOCOLATE



Sweetened with Stevia



Lactose Free



No Artificial Sweeteners



Gluten Free

Net Wt. 2 lbs. (908g)

### TYPICAL AMINO ACID PROFILE

Amount/Serving	
L-Alanine	1,185 mg
L-Arginine	541 mg
L-Aspartic Acid	2,498 mg
L-Cystine	670 mg
L-Glutamic Acid	4,404 mg
L-Glycine	412 mg
L-Histidine †	386 mg
L-Isoleucine ‡	1,442 mg
L-Leucine ‡	2,498 mg
L-Lysine ‡	2,498 mg
L-Methionine †	515 mg
L-Phenylalanine	747 mg
L-Proline	1,416 mg
L-Serine	953 mg
L-Tyrosine	695 mg
L-Tryptophan ‡	412 mg
L-Threonine †	1,571 mg
L-Valine ‡	1,185 mg

† Essential Amino Acids  
‡ BCAA's  
‡‡ The L-Tryptophan indicated is from naturally occurring sources of protein

### Supplement Facts

Serving Size: 1 scoop (28.4g)  
Servings per container: 32

Amount/Serving	
Calories	100
Calories from fat 0	
% Daily Value †	
Total Fat	<1g 1%
Saturated Fat	0g 0%
Trans Fat	0g **
Cholesterol	1mg 0%
Sodium	41mg 2%
Potassium	83mg 2%
Total Carbohydrate	1g 0%
Dietary Fiber	0g 0%
Sugars	0g **
Protein	24g 48%
Vitamin A	0%
Vitamin C	0%
Calcium	25%
Iron	0%
Phosphorous	6%

† Percent Daily Value based on a 2,000 calorie diet.

\*\*Percent Daily Value not established.

#### INGREDIENTS:

Non-GMO Cold Processed Ultra Micro-Filtered Whey Isolate, Cocoa, Natural Flavors, Xanthan Gum, Stevia.

#### ALLERGEN STATEMENT:

Produced in a facility that uses soy, peanut, tree nut and egg ingredients. Contains milk and sunflower lecithin.

**RICH IN BRANCHED-CHAIN AMINO ACIDS**